



Join the movement.

This is normal adolescence.



This is mental illness.



CAN YOU TELL THE DIFFERENCE?

This free 8-hour course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to identify and support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan.

St Andrews Episcopal Church 53 N. Main St N. Grafton 1/10 & 1/11 9:30 AM – 1:30 PM

St Bernadette School 266 Main St Northborough 1/12 & 1/19 10:00 AM – 2:00 PM

First Congregational Church 19 Church Rd Shrewsbury 1/25, 2/1 & 2/8 7:00 – 9:30 PM

St Mary School 16 Summer St Shrewsbury 1/17 & 1/24 9:30 AM – 1:30 PM

Attendance at both sessions is required for certification.

Register at syfs-ma.org



SHREWSBURY YOUTH AND FAMILY SERVICES, INC.
STRENGTHENING SHREWSBURY'S FAMILIES
SINCE 1983

240 Maple Avenue Shrewsbury, MA 01545 (508) 845-6932 syfs-ma.org

Questions? Please contact Christine Mowry at Shrewsbury Youth and Family Services 508-556-6161

cmowrysyfs@gmail.com